

# 2026 March

 **Centre Name:** AAC (Taman Jurong)  
 **Centre Address:** 118A Corporation Drive S611118  
 **Centre Contact:** 6261 6563



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Taichi (IL) / 一起打太极(IL) 9.15am - 10.30am	Let's Do Seated Exercise / 一起做运动(坐式) 9.30AM - 10.30AM	Let's Qigong (IL)/ 一起练气功(IL) 9.30AM - 10.15AM	Let's Line Dance (IL) / 一起跳排舞(IL) / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊(限制十五个人) / 9.30AM - 11.00AM	
Let's Celebrate (CNY) / 一起来庆祝(新年) 11.00AM - 12.30PM	Let's Do Magic / 一起变魔术 11.00AM - 12.00PM	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Gen Together - MFS (505) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM	
Let's Do Knitting/ 一起做针织 2.30pm - 3.30pm	Let's Gen Together - Yuvabharathi International School / 代际交流 - 尤瓦巴拉提国际学校 / 1.00PM - 3.00PM	- Let's Talk News / 一起聊新闻 11:45AM - 12:45PM	Let's KTV Together / 一起来K歌 1.00PM - 3.00PM	Let's Learn to Bake / 一起学烘焙 1:00pm -3:00pm	
Hydroponic Maintenance / 保养室外水耕种植 2:00pm - 5:00pm	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	
9	10	11	12	13	14
Let's Taichi (IL) / 一起打太极(IL) 9.15am - 10.30am Let's Table Tennis /一起打乒乓 11am to 1.00pm	Centre Closed / 中心关闭 09:00AM-6.00PM	Let's Qigong (IL)/ 一起练气功(IL) 9.30AM - 10.15AM	Let's Line Dance (IL) / 一起跳排舞(IL) / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊(限制十五个人) / 9.30AM - 11.00AM	Let's Gen Together - NTU / 代际交流 - 南洋理工大学/ 10.00AM - 12.00PM
Let's Do Knitting/ 一起做针织 2.30pm - 3.30pm		Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM	
Hydroponic Maintenance / 保养室外水耕种植 2:00pm - 5:00pm		- Let's Talk News / 一起聊新闻 11:45AM - 12:45PM	Let's Gen Together -ACSI / 代际交流 - 英华学校 (1/6) 2:00pm-3:00pm	Let's Learn to Bake / 一起学烘焙 1:00pm -3:00pm	
Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm		Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM	Guardians of the Green / 环保活动 - 绿色护卫队 (1/22) 3.00PM - 4.00PM	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
<b>Let's Taichi (IL) / 一起打太极(IL)</b> 9.15am - 10.30am <b>Let's Table Tennis / 一起打乒乓</b> 11am to 1.00pm	<b>Let's Do Seated Exercise / 一起做运动(坐式)</b> 9.30AM - 10.30AM	<b>Let's Qigong (IL)/ 一起练气功(IL)</b> 9.30AM - 10.15AM	<b>Let's Line Dance (IL) / 一起跳排舞(IL) /</b> 9.00AM - 10.00AM	<b>TCM/ (15 Pax) / 中医问诊(限制十五个人) /</b> 9.30AM - 11.00AM	
<b>Let's Do Knitting/ 一起做针织</b> 2.30pm - 3.30pm	<b>Let's Do Magic / 一起变魔术</b> 11.00AM - 12.00PM	<b>Let's CALM / 一起做防肌肉萎缩运动/</b> 10.45AM - 11.45AM	<b>Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 /</b> 10.15AM - 11.15AM	<b>Square Stepping Exercise / 方块踏步运动/</b> 9.00AM - 10.00AM	
<b>Hydroponic Maintenance / 保养室外水耕种植</b> 2:00pm - 5:00pm	<b>Smart Phone Coaching / 智能手机辅导 /</b> 2.00PM - 5.00PM	<b>Let's Do Art canvas / 一起做艺术 /</b> 2:30pm - 3:30pm	<b>Let's KTV Together / 一起来K歌</b> 1.00PM - 3.00PM	<b>Let's Learn to Bake / 一起学烘焙</b> 1:00pm -3:00pm	
<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Community Health Post / 社区保健站 /</b> 2.00PM - 5.00PM	<b>Let's Do Chair Yoga/ 一起做椅子瑜伽</b> 3.30PM - 4.30PM	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	
23	24	25	26	27	28
<b>Centre Closed / 中心关闭</b> 09:00AM-6.00PM	<b>Let's Do Seated Exercise / 一起做运动(坐式)</b> 9.30AM - 10.30AM	<b>Let's Qigong (IL)/ 一起练气功(IL)</b> 9.30AM - 10.15AM	<b>Let's Line Dance (IL) / 一起跳排舞(IL) /</b> 9.00AM - 10.00AM	<b>TCM/ (15 Pax) / 中医问诊(限制十五个人) /</b> 9.30AM - 11.00AM	<b>Let's Gen Together - NTU / 代际交流 - 南洋理工大学/</b> 10.00AM - 12.00PM
	<b>Let's Do Magic / 一起变魔术</b> 11.00AM - 12.00PM	<b>Let's CALM / 一起做防肌肉萎缩运动/</b> 10.45AM - 11.45AM	<b>Let's KTV Together / 一起来K歌</b> 1.00PM - 3.00PM	<b>Square Stepping Exercise / 方块踏步运动/</b> 9.00AM - 10.00AM	
	<b>Smart Phone Coaching / 智能手机辅导 /</b> 2.00PM - 5.00PM	<b>Let's Do Art canvas / 一起做艺术 /</b> 2:30pm - 3:30pm	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Let's Learn to Bake / 一起学烘焙</b> 1:00pm -3:00pm	
	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Community Health Post / 社区保健站 /</b> 2.00PM - 5.00PM	<b>Let's Do Chair Yoga/ 一起做椅子瑜伽</b> 3.30PM - 4.30PM	<b>Guardians of the Green / 环保活动 - 绿色护卫队 (2/22)</b> 3.00PM - 4.00PM	

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MON

TUE

WED

THU

FRI

SAT

30		31			
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<p><b>Let's Do Knitting/ 一起做针织</b>  <b>2.30pm - 3.30pm</b></p>	<p><b>Let's Do Magic / 一起变魔术</b>  <b>11.00AM - 12.00PM</b></p>				
<p><b>Hydroponic Maintenance / 保养室外水耕种植</b>  <b>2:00pm - 5:00pm</b></p>	<p><b>Smart Phone Coaching / 智能手机辅导 /</b>  <b>2.00PM - 5.00PM</b></p>				
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